



Plan

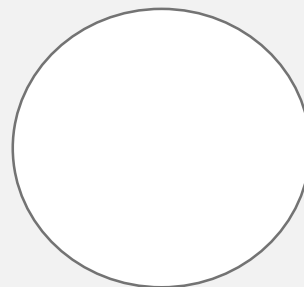
Date:

MY GOAL(S)

RELATIONSHIP WITH FOOD

CALORIES

_____ % fats



Reason

MY IDEAL DIET